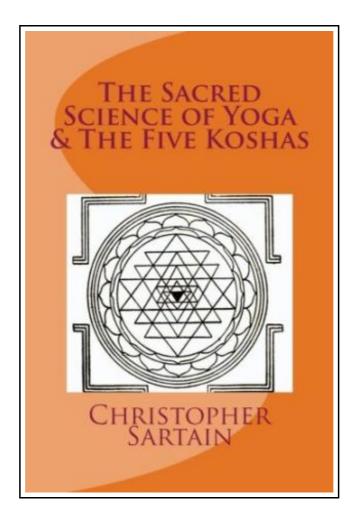
# The Sacred Science of Yoga the Five Koshas



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Createspace Independent Publishing Platform, United States, 2013. Paperback. Book Condition: New. 224 x 152 mm. Language: English. Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Most human suffering comes about as a result of a mistaken sense of self-identity. One suffers because they believe they are something they are not. The materialists and scientists of our age have permeated our mainstream culture with the ideas that we are nothing more than flesh and bone; a freak accident in the random affairs of evolution.a physical being, and nothing more. The great Spiritual Masters throughout the ages have taught that we are not just what we see reflected in the mirror. The enlightened teachers from all ages and cultures have taught us that we are much more than just our physical body and that our being is composed of multiple layers or dimensions known by the ancient Vedics as the Five Koshas. Yoga is the process of moving our awareness through the layers of our Being until we arrive at our eternal core, Unbounded Infinite Consciousness.



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